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May 18, 2001

Tyndall takes top marks in antiterrorism awards

Vigilance key to safety of Team Tyndall, despite low threat conditions and levels

Airman 1st Class Russell Crowe
325th Fighter Wing
public affairs

The 325th Fighter Wing recently secured a command level award, winning the 2000 Antiterrorism Award for the best Antiterrorism/Force Protection program in Air Education and Training Command. This is the second year in a row Tyndall has taken the award.

In addition, Master Sgt. T.J. Milligan, 325th Security Forces Squadron was selected as the best AETC Installation Antiterrorism Program Manager for 2000.

"The wing winning this award for the second year in a row feels great," Sergeant Milligan said. "It lets us know we're on the right track to protecting lives. Headquarters knows we're doing what we need to do to make sure, whether it's the general, the airman living in the dorms or our dependents in the child development center, we have protected them equally and we are doing what we can to deter any acts of terrorism."

"Sergeant Milligan has set new stan-

dards in the AETC for antiterrorism programs," said Lt. Col. Troy Robinett, 325th Fighter Wing Security Forces commander. "He has leaned forward in critical force protection areas, to include low-cost ways of deterring terrorist attack. He is deserving of this award."

While assignments overseas may be at a higher risk for terrorist attacks, it is important to remain vigilant at all times. Incidents such as the Oklahoma City bombing prove that terrorism can happen on U.S. soil.

"In today's society, you must not look beyond today — look at our schools, the chemical gas attack in the Tokyo subway, the World Trade Center bombing in New York, and the Oklahoma City bombing," Sergeant Milligan said. "To say it won't happen at Tyndall is crazy. The local terrorist threat level is low, but that just makes us more susceptible because we don't think it could happen here. Having that kind of mindset makes us more of a target."

Following the Cold War, the way

the U.S. fought its enemies and who its enemies were began to change. Now enemies we can't see or pinpoint attack not just military targets, but civilian targets as well. In response to this change, the Air Force implemented THREATCON and INFOCON levels — all ways to better protect and equip troops against the growing enemies of the future. According to Sergeant Milligan, the best way to not be a target is to remain vigilant — not just around Tyndall, but wherever you go.

"I tell people to be aware, be more vigilant and err on the side of caution," he added. "Make a call on a situation and let it turn out to be nothing instead of doing nothing, and God forbid, people lose their lives. With current events going on, like the upcoming execution of Timothy McVeigh, we should all be cautious as we go about our day-to-day business."

"Everyone who comprises Team Tyndall made this award possible. It's a testament to the work everyone has been putting forth over the past two years."



Staff Sgt. Roel Utley

Master Sgt. T.J. Milligan, 325th Security Forces Squadron, sets a traffic deterrent into place outside the child development center.

Air Force moves to integrate environment, safety, health management

WASHINGTON (AFPN)—The Air Force is implementing an orderly, quality-based environment, safety and occupational health management system that will ultimately provide safer, healthier and more productive work conditions while reducing potential risks to the environment.

"The Air Force ESOHMS is a management structure designed to ensure consistent execution of environmental, safety and health policy across the entire Air Force to reduce mission risks and improve performance," said Lt. Col. John Coho, Office of the Deputy Assistant Secretary of the Air Force for Environment, Safety and Occupational Health, deputy for pollution prevention.

"The key to making the policy effective in achieving these improvements is leveraging the skills and training of each member of the Air Force

to manage responsibly the ESOH risks inherent in their daily mission activities," he said.

The ESOHMS is patterned after international standard ISO 14001, Environmental Management Systems — Specification with Guidance for Use. ISO 14001 is the only internationally recognized EMS standard. The goal is to have the new management system in place throughout the service by Dec. 31, 2005.

Through its ESOHMS initiative, the Air Force plans to do more than just comply with Executive Order 13148, "Greening the Government Through Leadership in Environmental Management," Colonel Coho said.

The Air Force is taking the executive order's mandate one step further. It will apply quality-based management to address not only environmental issues, as required by the executive order, but safety and occupational

health issues, as well.

An Air Force audit conducted last year recommended adoption of a quality-based versus compliance-based management system, Colonel Coho said.

"With the new policy, the Air Force will evolve its current compliance-based management system into a quality-based management system to handle the environmental, safety and occupational health requirements inherent to our core mission," he said.

Currently, the three programs are managed separately.

"Right now, with the compliance-based management system, we understand what the compliance requirements are and we work to achieve them," Colonel Coho said.

However, Colonel Coho said, "The problem with such an approach is that compliance, rather

than mission performance, becomes the management focus. Once the compliance requirements are met, there's no clear system to drive further improvement in mission performance through ESOH risk reduction."

"We already have the compliance-based programs in place and they are working very well," Colonel Coho said. "We're successful in achieving and meeting compliance requirements. We've gone from 245 open enforcement actions in the early 1990s down to fewer than 10 today."

The new ESOH management system will bring a more structured and mission-oriented approach to reducing ESOH risks and costs. Ultimately, individual work centers will identify, evaluate and control or eliminate activities that entail ESOH risks or costs that are not essential to a

● **Turn to INTEGRATE Page 4**

Peterson addresses Senate on retention

Staff Sgt. Amy Parr
Air Force Print News

WASHINGTON — Sounding the message, “We are a retention force,” Lt. Gen. Donald L. Peterson, Air Force deputy chief of staff for personnel, addressed challenges in this area during a Senate armed services committee’s subcommittee on personnel.

In written remarks, General Peterson said it takes eight years to replace the experience lost when an eight-year noncommissioned officer leaves the Air Force.

“There are no shortcuts. In addition, it costs less to retain than to recruit and retrain,” he said. “And when we retain, we maintain skill, experience and leadership.”

To help people make the decision to stay in the Air Force, operations tempo is being targeted, General Peterson said.

“We’re trying to attack that aggressively with our air expeditionary forces, which allow our members to see a predictable deployment schedule and depend on some stability in their lives, which is important,” he said.

During the past year, there were, on average, 13,000 active-duty and reserve Air Force men and women deployed around the world daily. Another 76,000 were forward-based on permanent assignment.

Quality of life is also an issue that continues to be addressed.

“We’re working toward adequate manpower and also quality workspaces,” he said.

Other quality-of-life initiatives that people want have been added to the service’s budget, including fair and competitive compensation and benefits, balanced operations tempo, quality health care, safe and affordable housing, enriched community and family programs and enhanced educational opportunities.

But, he said, one of the Air Force’s largest challenges today is keeping the enlisted force in balance.

Re-enlistment goals for first-term airmen are 55 percent; 75 percent for second-term people; and 95 percent for career airmen.

In Fiscal 2000, all three goals were missed. The first-term re-enlistment rate was 52 percent; the second-term re-enlistment rate was 69 percent; and the career rate was 91 percent.

However, General Peterson said, rates for Fiscal 2001 are a “positive indicator of where we’re heading.”

For the first time since August 1998, the Air Force has exceeded the goal for first-term re-enlistments, is up in second-term re-enlistments and holding steady in the career re-enlistment area.

The credit for the rise in these numbers is due to the initiatives the Air Force implemented and because “our people have changed in their attitude because of what’s happened in the last few years,” he said. “In every category of our service-

men and women, we find their propensity to stay is higher, their appreciation for what the Air Force is doing is higher and they appreciate the benefits and support they have received in improving their quality of life.”

Considering today’s strong economy, potentially large numbers of our enlisted force — our technical foundation — will likely continue to seek civil-sector employment and more stable lives for themselves and their families, General Peterson said.

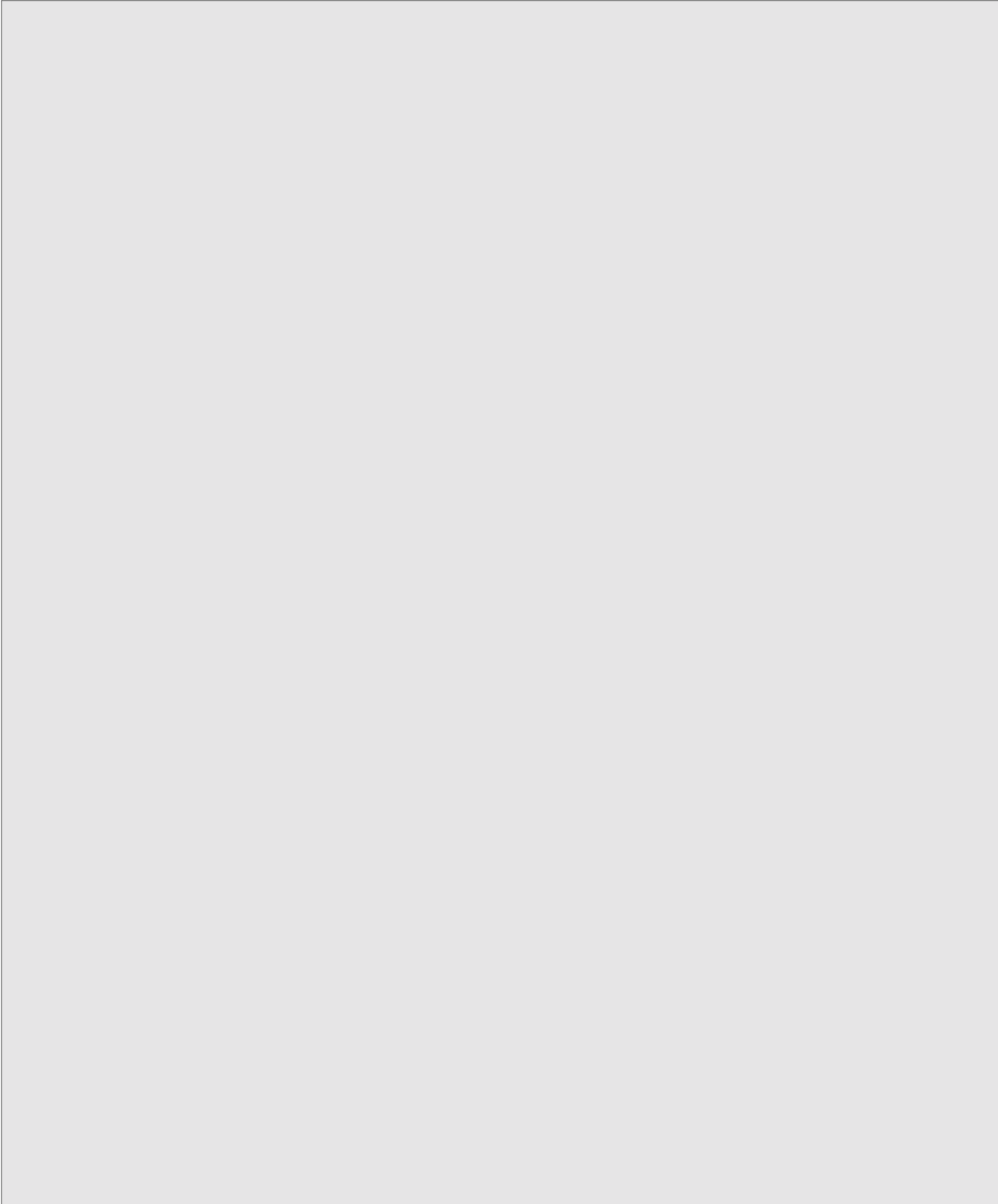
The number one reason both officer and enlisted people have for leaving the Air Force is availability of comparable civilian jobs and inadequate pay and allowances, he said.

The top reason people stay in the Air Force is patriotism. However, patriotism alone cannot be the sole motivation for a military career, General Peterson said.

Although the Air Force has found retaining officers, particularly pilots, a challenge, their retention rate is holding steady.

“We’ve increased our pilot production and the active-duty service commitment for our pilots,” he said. “While it will take a while for that part to kick in, we depend on the authority (Congress) has given us in our aviation continuation pay bonuses which we have renewed and provided more options for our

●Turn to RETAIN Page 4



Information assurance warriors can win personal digital assistants

Air Education and Training Command will hold a command-wide contest during June emphasizing “user responsibilities” as part of Information Assurance Awareness Campaign 2001.

Randomly selected individuals from each AETC base will be contacted by members of the AETC Network Operations Security Center located at Randolph Air Force Base, Texas, each week during June. Each person will be asked five information assurance questions relating to user responsibilities.

At the end of the month, the command will compile the scores

and declare the best one the winner. The four people who participated in the contest from the winning base will receive a government procured personal digital assistant for their own use.

Start reviewing past security awareness training and education correspondence in case you are called. People wanting to study material can contact their security awareness training and education manager for assistance.

The contest rules and other information can be viewed on the AETC IA Web site at <https://www.aetc.af.mil/sc>.

●From INTEGRATE Page 1

successful mission outcome.

“We recognize that some ESOH risks and costs are unavoidable; however, we need to identify those that are realistically and cost-effectively avoidable, and we need to identify and take action to control or eliminate them in the interest of mission enhancement,” Colonel Coho said.

He said the ESOH management system should not create more work, but is a new approach to ESOH management. It will integrate existing ESOH management programs and processes under an overarching management umbrella.

“We’re not building new programs or processes,” he said. “What we need to do is link existing processes together with an effective management system that will drive mission improvement in the workplace.

“The key is that, instead of focusing on compliance as an end point, we want to focus on eliminating the risks

that create the need to comply. We need to evaluate our mission activities and make them more efficient by eliminating the inherent risks to the extent possible and cost-effective,” he said.

Under this new management system, ownership and accountability for ESOH management will reside in the organizations that operate and control the processes that generate ESOH risks.

“The people in the shops are the experts in their mission activities. The ESOH experts and programs will help the process owners conduct their mission safely and in a way that minimizes the hazards,” Colonel Coho said.

The ESOHMS is an ongoing and evolving process, he said.

“We’re not looking for a quick fix; we will evolve toward an ESOH management system. By getting management connected from the air staff level on down, and holding people accountable for meeting objectives, it helps us all achieve continuous improvement,” Colonel Coho said.

●From RETAIN Page 2

pilots. And that’s held us on the line, but we still are short overall for our pilots.”

When speaking of retention throughout the force, the Air Force is in for a tough fight, General Peterson said.

“If I have to declare where we are right now, I would say we’re probably neutral,” he said. “I would have said we were defensive last year. We want to move to the offensive side now, and we think we can do that if we stay on the path we’re on today with (Congress’) support.”

“Despite the fact that our people are tired, stressed and strained, morale is high,” he said.

Almost universally, people expressed concern for the Air Force and pride in what they do. They are interested in understanding and executing leadership priorities. They also want their concerns listened to, understood and acted upon, he said.

“They do not ask for much,” General Peterson said. “They simply want the appropriate tools and enough trained people to do the job, and they want to know their families are being taken care of. We need to attract America’s best and brightest, and we must retain them.”



Viewpoint

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For more information, or to advertise in the newspaper, call (850) 747-5000.

Safety stats

Category	'00	'01	Trend
On duty	1	0	-1
Off duty	10	4	-6
Traffic	5	2	-3
Sports	4	1	-3
Fatalities	1	0	-1
DUIs	14	9	-5

Commander's Corner



Brig. Gen. William F. Hodgkins
325th Fighter Wing commander

Saturday is Armed Forces Day and I would like to thank all of Team Tyndall for the service you provide this great nation. Armed Forces Day was started in 1950 as a way to let the American people recognize the contributions of the nation's military members and expand public understanding of the military. This is something we should always be trying to do when we interact with the local community. Whether you realize it or not, each of us in uniform is an ambassador for our profession. Every member of the local community we meet forms their impression about the Air Force based on our example. So as you enjoy this day set aside for all who have served, be proud of our great past and strive to make a great future as well.

One of the ways we can assure our future Air Force remains the best in the world is to encourage our best troops to stay in. As we've often heard, we can make a difference in keeping the best qualified people in the Air Force. First, we treat our troops like family, making sure their needs are met. Second, we set an



example they will want to follow, grounded in our core values. Finally, we train them to take our jobs someday, because that assures we're leaving the Air Force in capable hands.

Finally, I'd like to address energy conservation. We've been fortunate in recent weeks to have great weather. But as the summer months approach and the mercury rises, keep in mind that we have to be good stewards of our resources. Turn up that thermostat a couple of degrees. Turn off the lights when you're done. Do whatever you can to conserve energy so that together, we can make a difference. Some of us remember the energy crisis in the mid-1970s. Before we get to that level, let's make a concerted effort to ensure we are doing our part.

Have a great Air Force week!

Armed Forces Day recognizes entire military

Staff Sgt. Roel Utley
325th Fighter Wing public affairs

Armed Forces Day is Saturday. Over the years, this day has been set aside to honor the military community and those who have served before us. But in the beginning, Armed Forces Day was designed not only to recognize the military but also to serve as a community relations tool.

On August 31, 1949, Secretary of Defense Louis Johnson announced the creation of Armed Forces Day to

replace separate Army, Navy and Air Force Days. The single-day celebration stemmed from the unification of the Armed Forces under one department — the Department of Defense.

President Harry S. Truman said, "Armed Forces Day, Saturday, May 20, 1950, marks the first combined demonstration by America's defense team of its progress, under the National Security Act, toward the goal of readiness for any eventuality. It is the first parade of preparedness by the unified forces of our land, sea

Action Line



Catherine Layton

Plowing ahead toward hurricane season

Col. Worth Carter, 325th Fighter Wing mission support commander, pulls a sign reminding Tyndall residents of the upcoming hurricane season, which starts June 1.

The Action Line is your direct line to me. It is one way to make Tyndall a better place to work and live.

Action Line calls are recorded and staffed through the proper agency. The goal is to provide you with an accurate, timely response. You must leave your name, phone number or address to receive a response.

Questions or comments of general interest will be published in this forum. This avenue should only be used after coordinating problems or concerns with supervisors, commanders, first sergeants or facility managers. If you're not satisfied

with the response or you are unable to resolve the problem, call me at 283-2255.

For **fraud, waste and abuse** calls, you should talk to the office of inspections, 283-4646. Calls concerning **energy abuse** should be referred to the energy hot line, 283-3995.

Brig. Gen. William F. Hodgkins
325th Fighter Wing commander

Tyndall's chapel schedule

Protestant
Communion Service: 9:30 a.m.
Chapel 1
General Protestant Service: 11 a.m. Chapel 2
Sunday school: 9:30 a.m.
Kids' Club: 2:45-5:45 p.m.
Wednesday
Chapel 1: 283-2691
Chapel 2: 283-2925

Catholic
Daily Mass: noon Monday through Friday, Chapel 2
Reconciliation: 4 p.m. Saturday
Mass: 5 p.m. Saturday, Chapel 2
Mass: 9:30 a.m. Sunday, Chapel 2
Religious education: 10:50 a.m. Sunday
Other faith groups: Call 283-2925

and air defense."

The first Armed Forces Day celebration boasted parades, open houses, receptions and air shows. In Washington, D.C., 10,000 military members from all services along with cadets and veterans marched past the president and his party. In Berlin, 1,000 U.S. troops paraded for the German citizens at Templehof Airfield. In New York City, an estimated 33,000 participants initiated Armed Forces Day under an "air cover" of 250 military planes of all types.

Through the past five decades,

Armed Forces Day has been a day to recognize and understand the military. But perhaps Gen. Earle G. Wheeler, former chairman of the Joint Chiefs of Staff, said it best when he said, "Armed Forces Day, above all, honors the dedicated individuals who wear the uniforms of their country. Each serviceman, wherever he may be, whatever his task, contributes directly and importantly to the defense of the nation. The task of each one is the task of all the armed forces: to protect the freedoms which underlie the greatness of America."

Frequently asked questions about TRICARE Senior Pharmacy Program

“What if I have other health insurance? How does my TRICARE coverage work?” These questions continue to be among the most commonly asked about the TRICARE Senior Pharmacy Program that began April 1. TRICARE beneficiaries with other health insurance have “double coverage,” and basically, TRICARE is second payer. TRICARE pays after the other health insurance has paid a claim for covered drugs, or when the beneficiary’s prescription coverage under that plan is exhausted for the year.

Another related, frequently asked question is “What if I have other health insurance, but it does not include prescription coverage?” Beneficiaries may need to contact one of the two regional claims centers to change their other health insurance information to indicate that they do not have prescription coverage. They should call the toll-free TRICARE Pharmacy Help Line at (877)363-6337, to find out what information and documentation is required, the telephone and fax numbers, and address for their regional claims center. If they have double coverage and must fill a prescription before their

information is updated, they may have to pay for the prescription initially and file a claim for reimbursement from TRICARE.

A third question beneficiaries are asking is “Can I use TRICARE’s National Mail Order Program (NMOP) if I have prescription coverage under other health insurance?” They may only use the NMOP when their required medication is not covered under their other plan, or if they exceed the dollar limit of coverage under that plan. Otherwise, their other health insurance is still first payer and they may not use the NMOP.

““Double coverage’ sometimes causes confusion, but it does not prevent our beneficiaries from enjoying the benefits of their TRICARE Senior Pharmacy Program,” explains Army Col. William Davies, Department of Defense pharmacy director.

“Most of our beneficiaries with other health insurance find that they have the best possible prescription coverage, often ending up with little or no out-of-pocket costs,” he said. “They can file a claim to TRICARE for reimbursement of their out-of-pocket costs after their other health insurance pays on their prescription claims. It’s important

that they hang on to their pharmacy receipts showing out-of-pocket expenses, and their explanation of benefits statement from their other health insurance. By providing adequate documentation to the TRICARE claims processor, they will be able to maximize their reimbursement.” TRICARE will provide reimbursement up to the amount TRICARE would have paid as first payer, or the amount of the beneficiary’s out-of-pocket expense, whichever is less.

Examples of other health insurance plans TRICARE beneficiaries may have are those that provide coverage through a current or former employer, an association or private insurer, a Medicare health maintenance organization, the Federal Employees Health Benefits Program, or a Medigap supplemental insurance with a prescription benefit.

More information about this program is available through the toll-free TRICARE Pharmacy Help Line at (877)363-6337. The Help Line is operational 7 a.m. - 11 p.m. Monday - Friday and 9 a.m. - 8 p.m. Saturday.

Information also is available on the TRICARE Web site at www.tricare.osd.mil/pharmacy.

Save
for
Your
Future



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SAVINGS
BONDS



Think
before
you
drink.

Seat belts—never a good reason not to wear them

Staff Sgt. Bradley M. Bock
325th Fighter Wing
command post training manager

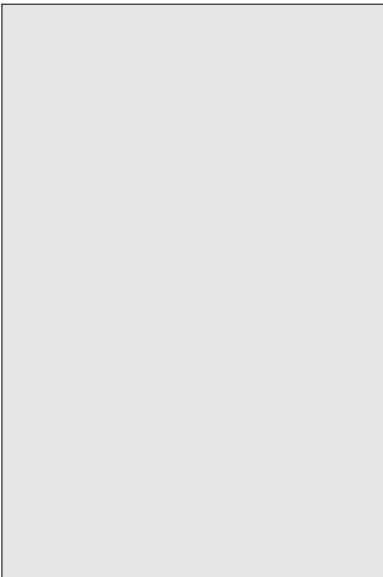
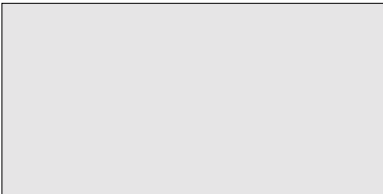
On Thursday, May 3, I left work early to go home and get ready for my wife’s graduation ceremony from Gulf Coast Community College. I went down Highway 98, obeyed the speed limit and used the proper turn signals. I was in the westbound turning lane waiting for the green arrow to go in the Sabre gate entrance. I was the first vehicle

in line. When the arrow turned green, I proceeded across the intersection and was struck in the passenger side by another vehicle. According to police reports, my vehicle spun 180 degrees, tipped over on the driver’s side and hit the ground with such force that it flipped back up on all four wheels. Inside, I was thrown to the rear of the van, then tossed out a side window where I rolled eight feet on the pavement. As you might have guessed, I

was not wearing my seat belt. I am a noncommissioned officer with 10 years Air Force experience, a husband and father to two young boys. I could have easily lost it all because I chose not to wear a seat belt. I am not writing this article to get sympathy; I hope to reach those individuals out there who also choose to not wear their seat belts. How many times have you heard the statement “wear your seat belt” or been required to preach to your

subordinates during pre-departure safety briefings about seat belt use? We must remember that not only does Florida state law require the use of seat belts, but the Air Force instructs us to do so. I am awaiting the reprimand from my first sergeant and commander for not following those directives. The excuse “it wrinkles my uniform” does not apply. As a result of my ignorance, my blood-stained BDU top and pants had to

be cut off me by emergency personnel after I went through the window. I would much rather have had to clean and press a uniform. Statistically, I am lucky that I only received minor lacerations, bruised ribs and shoulder. I was treated and released from the hospital after a few hours. Hopefully, the only long-term injury will be a bruised ego. I feel very fortunate to be able to tell you of my misfortune. If I reach even one person and am able to get them to buckle-up every time, then my experience has meant something. Seat belts save lives and reduce injuries. Please remember to wear yours. A good friend has told me, if nothing else, “do it for your family.”



Features

Family child care providers: professional care in a private setting

Ms. Marcia A. Robertson
325th Services Squadron
marketing

Early each morning, five days a week, Melissa Maher prepares for work. Like most people, she thinks about the day to come as she gets ready. There will be lessons to teach, disagreements to referee, maybe a song to sing or a story to read. But when the time comes to start working, Mrs. Maher doesn't get in her car and drive to another location. Instead, she walks to the other end of her house. Melissa Maher is a family child care provider and at 7 a.m., she opens for business.

"My job comes to me," Mrs. Maher said. "I really enjoy it. I try to impact the children's lives in some special way."

The Family Child Care Program at Tyndall is designed to give parents options in child care. Administered by the 325th Services Squadron, the program oversees the training and licensing of in-home care providers. Becoming an FCC provider gives

military spouses an avenue for employment that can relocate with them as assignments change.

"It can bring in income," said Ina Crawford, 325th Services Squadron FCC coordinator. "But it also is an opportunity for a provider to stay home with her own children. And it can bring that child some company."

Income, convenience and companionship were all factors that led Denise Messier to investigate the FCC program last year.

"I had been in sales for six to eight months, but that didn't work out," said Mrs. Messier. "Plus, my son needed a playmate."

While the FCC program benefits providers, parents get the advantage of quality child care in a home setting. Staff Sgt. Yvette Summy, 325th Communications Squadron, and her husband, Staff Sgt. Lance Summy, 325th Communications Squadron, have two children, Michael and Kayla, in Mrs. Maher's care. The arrangement was originally intended to be temporary, but

because both parents were pleased with the setting and care that was given, the family continued there.

"Melissa caters to where the children are in their development," Sergeant Yvette Summy said. "Michael likes the one-on-one attention and Kayla is developing really well. Some of the learning Melissa starts, we continue and some of what we are working on at home, she emphasizes."

"When we went for the first interview, we liked the way she ran her own family," said Sergeant Lance Summy. "It's important to us that the provider has values and morals that match our own."

There are several steps to becoming a licensed provider. Following an initial orientation, potential providers must complete an application package, pass background checks and attend a three-day training session which covers everything from child development to record keeping. Approval from a review board follows and then the provider may care for children in a provisional

status for three months. This trial period gives everyone involved a chance to iron out problems.

"It's an opportunity for someone to say 'this isn't working,'" Ms. Crawford said.

If all goes well during the provisional period, a care giver becomes a standard provider. Standard providers are encouraged to progress to the next stage which is the developmental level.

"A standard home is a safe, healthy environment," Ms. Crawford said. "A developmental home gives more in-depth care that is challenging and educational."

Training is a cornerstone of FCC licensing. In addition to the initial training prior to becoming a provisional provider, care givers are required to complete 15 modules of training on their own. These independent courses cover physical, social, communications and guidance issues.

"Our training really sets the provider above the standard level," said Ms. Crawford. "After

completing them, a provider is ready to become a developmental home."

This training and the intensive licensing period give the FCC program a professionalism that is sometimes not found in other in-home care arrangements.

"There's more out there than you think you need to know," Mrs. Messier said. "Even though you're a mom, you don't know everything."

Melissa Maher has experience in not only the FCC program, but previously, she worked in New Mexico as a child care provider also.

"The Air Force regulations are much stricter," Mrs. Maher said. "They require a high quality of care."

"People think this is easy and that anybody can take care of children," said Ms. Crawford. "But this is not babysitting. This is professional quality child care."

Anyone interested in learning more about the Family Child Care Program should contact Ina Crawford at 283-2266.



Photos by Marcia A. Robertson

Time To Go Home! Melissa Maher, a family child care provider, says goodbye for the day to Staff Sgt. Yvette Summy, 325th Communications Squadron, and her children, Kayla Summy and Michael Roney.



Melissa Maher, a family child care provider, helps Kayla Summy and Jacob McBride build a special project.

Bountiful adventure found under the sea

Airman 1st Class Russell Crowe

325th Fighter Wing
public affairs

There's an entire world separate from the one you and I live in.

It's been portrayed in movies, books and television shows. But how many of us have been able to explore this uncharted territory through our own eyes? Now, the Tyndall Marina and Yacht Club in cahoots with Half-Mad Charters, is offering just that opportunity to Team Tyndall members.

"When you scuba dive, you really leave yourself and the world as you know it and head for a place that is relatively unscathed, a part of the earth that in many instances has never been touched by man's hand," said Randy Dudzinski, owner of Half-Mad Charters, the local outfit that handles all of the marina club's diving services.

"We're really trying to give military members that want to dive a chance to do it," he said. "I learned to dive while I was in the military and I really want to give that chance to others who are interested in the sport."

While in the military, Mr. Dudzinski, who is certified to teach 12 different specialty courses in addition to teaching all levels of Professional Association of Diving Instructors scuba instruction, was decorated four times for special diving operations.

"After I learned to dive, I had so many neat opportunities – it really opened up a new world, not just personally but also professionally," he said. "Before I knew it, I had all kinds of decorations coming in. Plus I had opportunities to do things I had only dreamed of."

Some of those opportunities included training members of the Portuguese Delta Force antiterrorism team, being team chief for numerous heavy-lift military diving operations, underwater accident investigations and being team chief for the Air Force Underwater Search and Recovery Team at Incirlik Air Base, Turkey.

"One of the neatest opportunities I have been afforded since I began diving was finding a

previously unknown World War II German submarine off the coast of Italy – not just because of the nature of that find, but because it really got me interested in wreck diving."

Since that time, Mr. Dudzinski has dived in several other Columbus-era shipwreck finds (circa 1500) across Portugal, and routinely dived on ancient Greek and Roman shipwrecks (circa 1000 B.C.) in both Greece and Turkey.

So, don't think you have the cash? Sound a little too pricey for you? Think again.

"There have been cost analyses done, and believe it or not, diving is on par with golfing and skiing. It's an equipment-intensive sport, but then again, you're not playing basketball. You're completely leaving our natural world for something that's alien to the human body," Mr. Dudzinski said.

So now you don't have the cash excuse – but wait, think it's not down your lane? Watch the television if you like, but after the first dive, folks are hooked.

"After you go down and do it the first time, it's over. You'll never stop. For me it was in the pool, way back in 1977. My first three minutes underwater was enough. I couldn't believe how amazing it was. Every dive, I don't care if it's a junky dive with nothing but sand on the bottom, is an amazing experience."

Plus the location is the crème de la crème of divers' paradises in the continental U.S. In fact, Panama City is the number three-rated recreational diving location in North America.

"Folks here have nothing to wait for," he said. "Location, opportunity, proximity, there's no reason not to start. It's just so cool – you can hear about it, read about it, watch Cousteau videos all day, but until the first time you've been blocked out by a school of fish so thick you can't see through them, it's beyond words."



Photo by David Heering

A diver waits onboard as another diver rises to the surface following a dive in the Red Sea, near Egypt.



Chuck Pike

This freshwater cave diver is at Vortex Springs, located about 50 miles north of Tyndall. The springs are considered one of the safest diving destinations in the country.



Courtesy photo

Staff Sgt. Randy Papanek, in pool, waits while students from left, Staff Sgt. Christopher Riffle, Staff Sgt. John McGinty, and Staff Sgt. Holly Juriga leap into the pool for instruction.

Near drowning heightens water safety awareness

Capt. Laura J. Palm
*325th Fighter Wing
Medical Operations Squadron*

One of Tyndall’s greatest assets is the beautiful beach. Sunday, May 6 was a beautiful day. Many people were enjoying the sun and water at NCO Beach. I had gone to the beach with several friends; one friend brought her aunt and uncle from Germany so they could enjoy the beach. My friend and I had gone to look for shells along the coast. When we returned we saw many people standing and pointing to someone who was bobbing in the water yelling for help. Immediately my “fight or flight” reflex kicked in.

Dr. Laura Wolff was with us and was trying to get someone to help her rescue the person yelling for help. The German visitor, Roland Binder, jumped in and carried the 19-year-old

airman out of the water. Heather Swagert assisted with assessing the victim using her lifeguard skills. I had gone to call 911 to get more help. When the victim was laying on the beach, it was determined that he had suffered a severe leg cramp, and breathed in water from the waves.

What was most astonishing was all the people who stood there, pointed and didn’t do anything to help the airman. He is here for training and was with several classmates. They all stated they thought he was “joking.”

Dr. Wolff believes he had become dehydrated, which led to the leg cramp. He was not a strong swimmer, was shoulder-high in water and with the pain he was unable to stand straight up or get into the shallow water. A few things could be done differently in the future to prevent this near disaster.

First of all, there is no lifeguard on duty, so everyone swims at his or her own risk. It is important to always use the “buddy system.” Take people seriously when they yell for help. Do not assume they are joking without assessing the situation. It is usually possible to hear the tone of fear in a cry for help, as I could hear in his cries.

Second, prevent dehydration. Drink plenty of water if planning on swimming. Definitely avoid alcohol while swimming. Alcohol not only clouds judgment, but also causes more frequent urination, leading to dehydration. Soda with caffeine has the same effect. Water is the drink of choice.

Third, if not comfortable with your own swimming skills to save someone, use a life ring or any

●Turn to WATER Page 11

Every member of Team Tyndall is valuable. Play it safe, don't become a statistic.



●from WATER Page 10

available floats you have. There is a life ring with a rope on Tyndall Beach by the 911 phone located at the end of the boardwalk. Or, if you have a long beach towel, throw them one end while standing where you are comfortable.

Fourth, do not attempt to enter deep water if you are not a good swimmer. Swimming lessons are highly recommended. Bonita Bay offers American Red Cross swimming lessons from infant to advanced swimming levels. They

are \$40/session and run June-August. Contact Bonita Bay at 283-3199 for more information.

Last, if caught in a current or riptide, don't fight the current by trying to swim directly to shore. Swim parallel to shore until you feel the current relax, then swim for shore.

The 325th Fighter Wing Safety office recommends swimming in the base pool where there are lifeguards on duty for the safest outcome. But if you are going to the beach, follow the five safety tips mentioned above for the most enjoyable beach day.

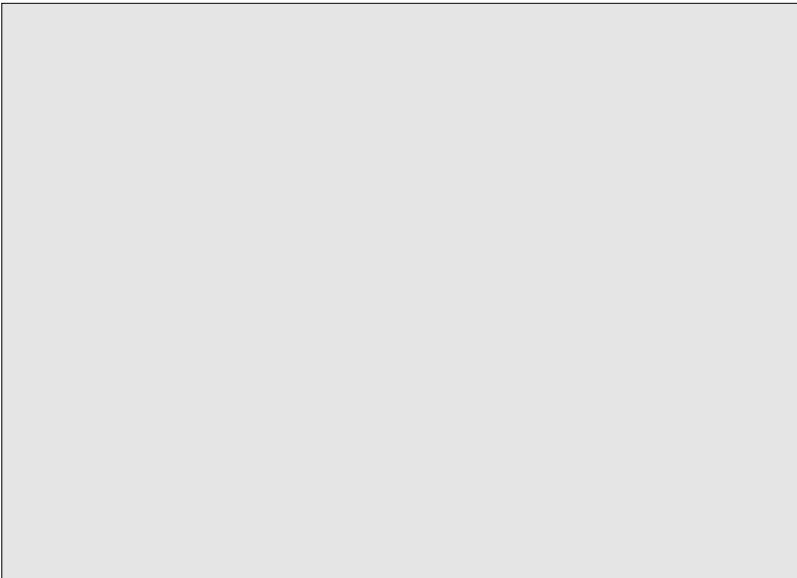
Spotlight



2nd Lt. James Danik

Airman 1st Class Ryan Meyer

Job Title: Inspection craftsman
Why you joined the Air Force: To get out and see the world.
Years in Air Force: 3 years.
Hometown: Batesville, Ind.
Time at Tyndall: 2 years.
Greatest aspect of your job: Seeing the jets flying and knowing that I participated in the maintenance.
Short-term goals: Getting my associate's degree.
Long-term goals: Get my bachelor's degree in electrical engineering.
Favorite book: "Watchers"
Favorite movie: "Gone in 60 Seconds"
Hobbies and activities: Golfing, hanging out with friends and going to the beach.



The Gulf Guide

Your link to what's going on in the Tyndall community

This Week

—May 18

Water-main flushing

The 325th Civil Engineer Squadron will continue testing fire hydrants and flushing water mains 7:30 a.m.-3:30 p.m. today on the main base. Building occupants may experience discolored water in restrooms, sinks and drinking fountains for several days afterwards. For more information, call the civil engineer customer service office, 283-4949.

Flightline barbershop closure

The flightline barbershop will be permanently closed effective today.

—May 19

Make-A-Wish volunteer training

A four-hour training seminar for anyone interested in becoming a volunteer for the Northern Florida chapter of the Make-A-Wish Foundation will be 12:30-4:30 p.m. Saturday in Panama City Beach. The foundation grants the wishes of children with life-threatening illnesses. For more information and to have a volunteer application form mailed, call Scott Zarenchansky, (888) 874-9474.

—May 21

Embry-Riddle registration

Registration for Embry-Riddle Aeronautical University's summer term will be 8 a.m.-4:30 p.m. Monday-May 25 in Room 49 of the education center. Class dates will be May 28-July 28. For more information, call the education center, 283-4557.

Breast-feeding class

A breast-feeding class will be 3-5 p.m. Monday in the family advocacy conference center. For more information, call family advocacy, 283-7272.

—May 22

Newcomers' orientation

A mandatory newcomers' orientation for all those new to Tyndall will be 8-11:30 a.m. Tuesday at the Pelican Reef Enlisted Club. Sign-up will start at 7:30 a.m. Free refreshments will be provided. For more information, call 283-2276. Free child care is available for spouses wishing to attend the orientation. For information on how to obtain free child care, call the relocation assistance program office, 283-4204. For details on child registration information, call the child development center, 283-4747.

Base Theater



Today: "Josie and the Pussycats" (PG-13, sensuality and some language, 99 min.)

Saturday: "Pokemon" (G, 93 min.)

Sunday: "Enemy at the Gates" (R, strong graphic war violence and some sexuality, 131 min.)

Thursday: "Enemy at the Gates"

All movies start at 7 p.m. except Sunday, which is 6 p.m.

Mutual funds class

A lunch-time brown-bag mutual funds class will be 11 a.m.-12:30 p.m. Tuesday in the family support center classroom. For more information or reservations, call the family support center, 283-4204.

Civil Air Patrol meeting

Civil Air Patrol meetings for boys and girls 12 years old and older will be held 6:00-8:30 p.m. every Tuesday in Building 852. The CAP offers local and national activities with a focus on educational and professional development. For more information, call Capt. Laura Palm, 283-7594, or Master Sgt. Perry Newberry, 283-4189.

—May 23

Hurricane briefings

The disaster preparedness readiness flight's base-wide hurricane briefings will be 10 a.m. and 1 p.m. on both Wednesday and Thursday in the base theater. For more information, call 283-2010.

Stress-management workshop

The last meeting of the three-session stress-management workshop will be 1-3 p.m. Wednesday in the family advocacy conference room. For more information, call family advocacy, 283-7272.

Parenthood-preparation course

The last meeting of the four-session parenthood-preparation course will be 3-5 p.m. Wednesday in the family advocacy conference center. For more information, call family advocacy, 283-7272.

—May 24

Sibling-preparation class

A sibling-preparation class will be 4-5 p.m. Thursday in the family advocacy conference center. For more information, call family advocacy, 283-7272.

Smooth-move workshop

A smooth-move workshop will be 9 a.m.-noon Thursday in the family support center classroom. All military, Department of Defense civilians and family members are invited. For more information or to make reservations, call the family support center, 283-4204.

Yard Sales

The following yard sales are scheduled for Saturday: 2303 Jefferson Blvd., 2414 Lincoln Drive, 2905-A Beacon Beach Road, 2982-A Starfighter Ave. and 2980-B Starfighter Ave. All yard sales are held between 8 a.m.-4 p.m.

Notes

School physical examinations

The pediatric clinic is now scheduling school physical examinations for pediatric enrollees requiring exams for the start of the fall 2001 school year. The clinic encourages everyone to take advantage of the opportunity to make spring and early-summer appointments to avoid the school rush during July and August. To make an appointment, call 283-2778.

Navy ROTC scholarships

A Navy ROTC scholarship, called the Historically Black College Scholarship, is available for qualified minority candidates interested in attending the Florida A&M University or one of the other Historically Black Colleges or Universities. For details on eligibility criteria and application information, call Lt. Smith or Lt. Peters, (850) 599-3980, or e-mail: NROTCADV1@aol.com. Details are also available on the following Web site: www.famu.edu/nrotc/officers/co.html.

Parking lot closure

The driver suspended revocation parking lot located next to the Tyndall Drive main gate is now permanently closed. A new driver suspended revocation parking lot is located at the Illinois Avenue main gate next to the base theater. The relocation is necessary due to construction of the F-22 flight simulator training facility. For more information, call security forces, 283-2527 or 283-2254.

Inprocessing changes

Base inprocessing is now Wednesdays and Fridays. New members will be scheduled for inprocessing through the MPF intro manager. Newcomers must arrive at MPF customer service for sign-up verification at 7:30 a.m. Base inprocessing will start promptly at 7:45 a.m. Newcomers must bring 10 copies of

their PCS orders. For more information, call the base intro manager, 283-2276 or 283-2242.

ECS Pre-K registration

Early Childhood Services is continuing Pre-K and Head Start registration for the 2001 school year. All children must be 3 or 4 years old on or before Sep. 1, 2001. Documentation needed for registration include the child's birth certificate, Social Security card, verification of income, proof of residency and Medicaid 10-digit billing number if applicable. Anyone interested in registering should call ahead to make an appointment at 872-7550, extension 2234. ECS is located at 450 Jenks Ave., Panama City.

Air Commando Association reunion

The annual Air Commando Association reunion will be Oct. 4-7 in Fort Walton Beach. For more information, call (850) 581-0099, e-mail: aircommando@aol.com or visit the association Web page: <http://home.earthlink.net/~aircommando1/> for more details.

Managed care relocation

The 325th Medical Group Managed Care office has relocated from Building 1406 to the first floor of the main clinic building, near ambulance services.

AFROTC opportunities

Headquarters Air Education and Training Command procedures for officers interested in applying for summer 2002 Air Force Reserve Officer Training Corps positions are now available. Vacancies exist for commander/professor of aerospace, assistant professor of aerospace studies and regional director of admissions. For more information, visit the Air Force Personnel Center assignments homepage under career broadening: <https://afas.afpc.randolph.af.mil/carerbroad/rotc.html> or call the military personnel flight customer service office, 283-2242.

Retiree News

Assuring receipt of Afterburner and the Tyndall newsletter

The *Afterburner* is not sent to retirees of services other than the Air Force nor to retired Reserve members not yet 60, the age when they become eligible for retired pay. Air Force retirees who move must notify the Defense Finance and Accounting Service of their change of address in order to continue receiving the *Afterburner*. Address changes can be made by writing to: DFAS-CL/FR, P.O. Box 99191, Cleveland, OH 44199-1126 or calling toll free (800) 321-1080. Retirees who are sure the DFAS has their correct address on file and are not receiving the *Afterburner* may call the Air Force Personnel Center, (800) 531-7502 or (210) 565-2126.

It's important to understand the difference between receiving money under the Survivor Benefit Plan and receiving it from Veterans Affairs as Dependents' Indemnity Compensation. Unremarried former spouses of retirees who receive an SBP annuity automatically get the *Afterburner*. Those in this category who have moved can make address changes by writing to: DFAS-DE/FRB, Denver, CO 80279-

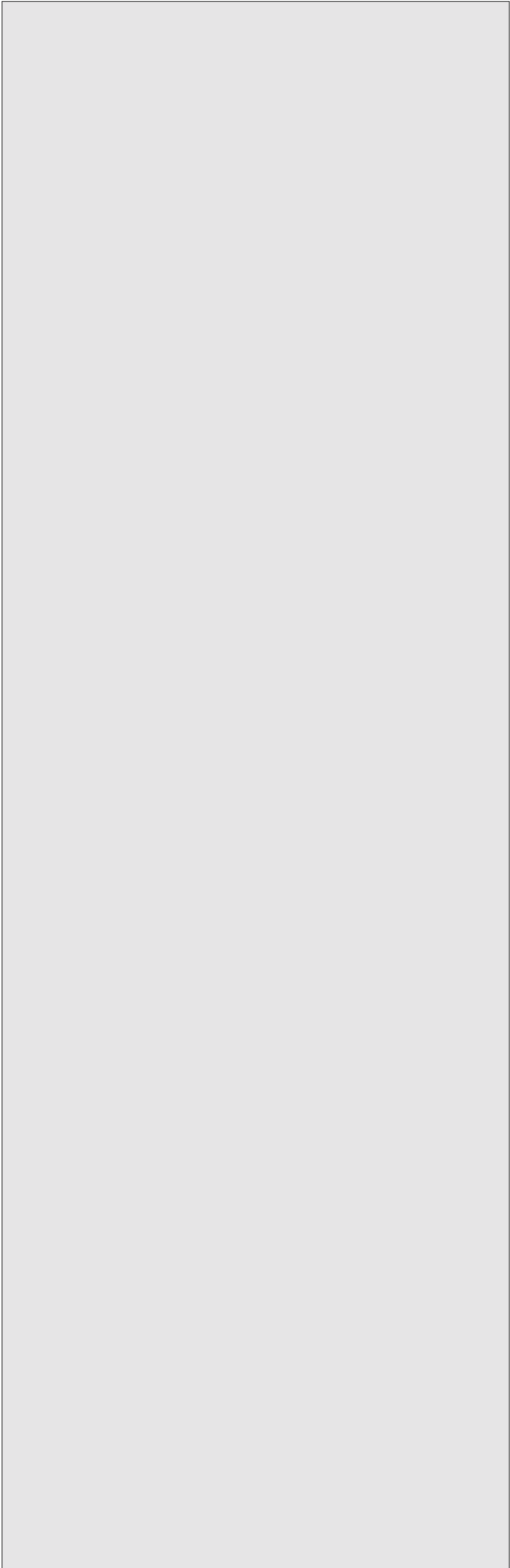
6000 or calling (800) 435-3396 or (303) 676-6552. The *Afterburner* is not sent to former spouses even if they are SBP annuitants.

Non-SBP annuitants who know they are on the *Afterburner* list but who are not receiving it should send a change of address letter, with the sponsor's Social Security Number, to: HQ AFPC/DPPTTR, 550 C Street West, Suite 11, Randolph AFB, TX 78150-4713.

Long-term care insurance

Long-term care insurance, Public Law 106-265, was signed by the president in the fall, but will not be available until about October 2002. This law is designed to provide insurance for federal government employees, active-duty military, federal and military retirees and their family members.

There will be no government subsidy, but the plan is expected to reduce rates by about 20 percent below those of individual commercial plans. As it becomes available, information will be posted on the office of personnel management Web site at: www.opm.gov/insure/ltc/index.htm.



Web site leads to wealth of moving information

Rudi Williams
American Forces Press Service

WASHINGTON — The Military Traffic Management Command’s detailed and easy-to-read Web pages help servicemembers, movers and transportation personnel find up-to-date information about the world of personal property shipments.

Originally established in 1996, it provides essential information about moving everything from household goods to privately owned vehicles, boats, mobile homes and pets. Every day, up to 500 servicemembers, civilian employees and their dependents, military travel offices and moving

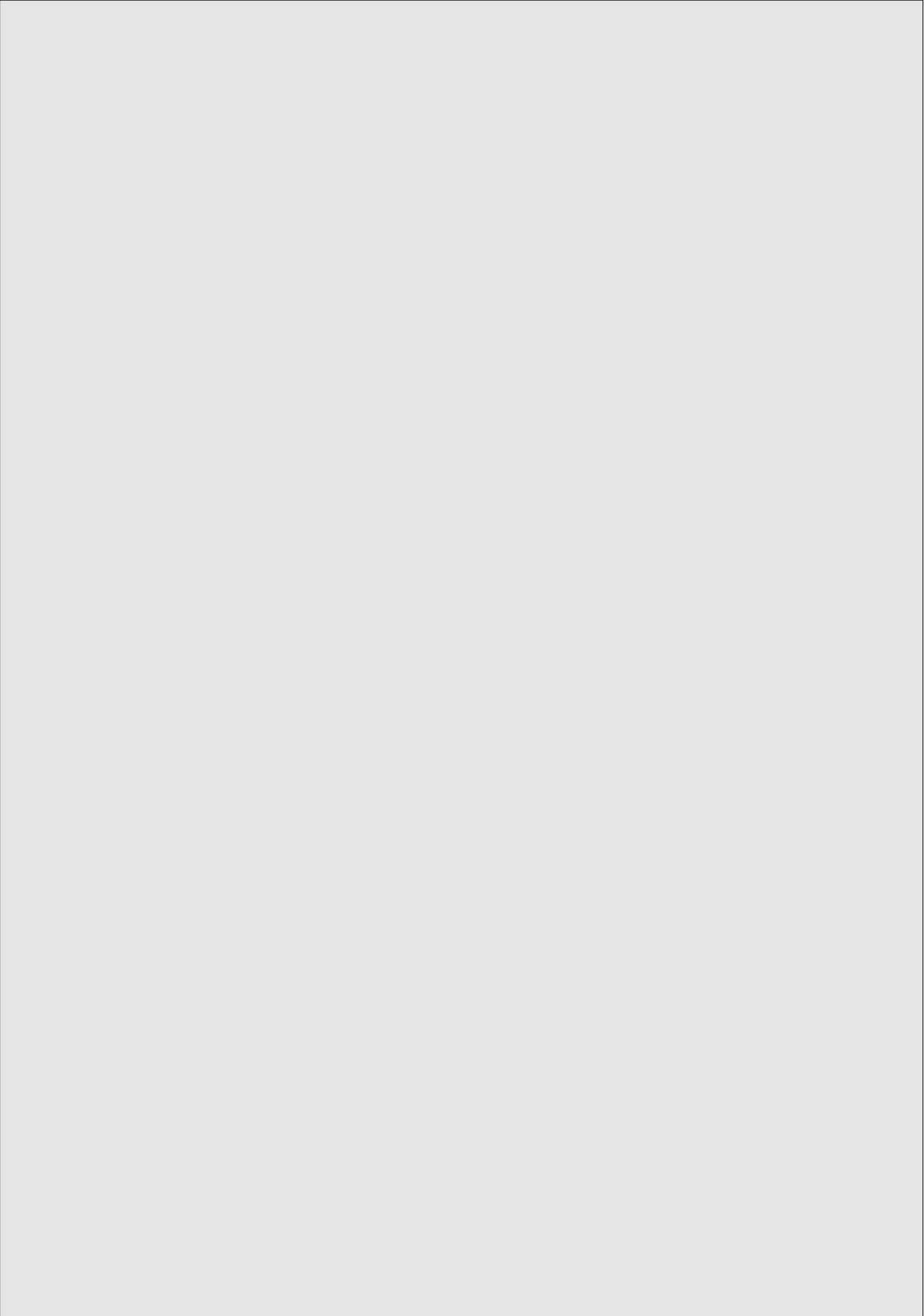
companies around the world tap the site. Hank Spieler, chief of MTMC’s domestic and international rates, said the household goods shipment system isn’t sophisticated enough to trace the location of household goods. However, servicemembers can find the location of their belongings by calling the carrier.

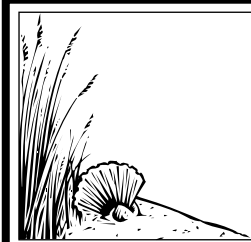
“Since this is a totally new format and an automated system, we’ll make periodic changes and enhancements,” Mr. Spieler noted. “If anyone experiences any problems with the new system, they should send a message to the e-mail address on the Web site. “The transportation and movement of household

goods and POVs is very important to servicemembers and their families, but so is communications,” he said. “By having this new site we’re making communications available to everybody — the servicemember, civilian employees, transportation offices and the carriers.”

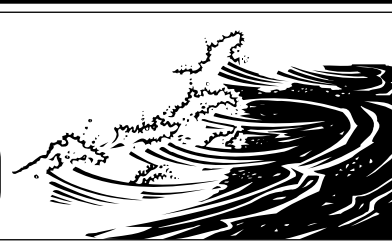
Much of the site content is technical — references and policy for moving contractors and transportation offices. However, Mr. Spieler said, the Web site links to others where all users can get forms, information from finance and the per diem office for every branch of the services, including the Coast Guard. The

●Turn to MOVE Page 15





Funshine NEWS



May 18, 2001

This page is produced by the 325th Services Marketing office, 283-4565.

Bonita Bay

☎ 283-3199

Base Pool Opening May 19

Open swim will be: Wed.-Sun., 11:30 a.m.-6:30 p.m. \$1 for those without passes. \$1 for all guests of ID card holders.

Swim Passes

\$35 for first family member and \$5 for each additional member of the same family. \$20 for a 30 visit punch card.

Schedule a Pool Party

Tues.-Sun.: 7-11 p.m., \$30 per hour.

Swim Lessons

Session I: June 12-22. Registration begins on June 4 at 8 a.m. Water aerobics will be offered at the same time.

Lap Swim

Begins May 22, Tues. 6:15 a.m.-7:30 a.m., Wed.-Fri.: 6:15 a.m.-7:30 a.m., 11 a.m.-11:30 a.m., and 5 p.m.-6:30 p.m.

Boat Check Rides

Boat check rides will now be offered on Mondays & Fridays at noon. The boating test, required before boats may be rented can be taken on line at www.aboatus.com. Simply take the general test, pass the exam, and print the certificate. Call for more information.

Officers' Club

☎ 283-4357

\$300 Club Card Drawing

Every Thursday at the club at 6 p.m.

Don't Forget! "Your Cash is Trash"

Every Friday at 6:30 p.m.

Retiree Appreciation Night

May 26 in the Bayview
25% discount on all entrees

Win a Free Lunch!

Just find your name hidden in the Officers' Club calendar and you could win.

Vet Clinic

☎ 283-2434

Pet Photo Contest

Contestants are asked to submit photos of their pets at the clinic located in bldg. 1287. Deadline is May 30. Call for more information.

Youth Center

☎ 283-4366

Basic Archery

June 8, 15, 22, 29 at 1 p.m.
Open to kids 10-16 yrs. old. Cost is \$20 for members and \$30 for nonmembers.

Start Smart Baseball

June 2, 8, 16, 23 at 9 a.m.
Prepare your 3-5 year old for recreational baseball leagues. Cost is \$20.

Volleyball Clinic

June 18-22
Ages 10-12: 4:30-5:30 p.m.
Ages 13-16: 5:30-6:30 p.m.
Cost is \$10 and includes a t-shirt.
Call for more information.

Tennis Offerings

■ Adult Team Tennis:

June 9, 16, 23, 30 and July 7 & 14 at 10:30 a.m. Cost is \$30.
Friendly competition in a fun atmosphere. Teaches basic strokes and organized play. Emphasizing fitness and social benefits.

■ FREE-For-All:

June 2 at 9 a.m.
Come out and enjoy free group tennis lessons. Event will be held at the CDC tennis courts and is open to all ages.

■ Ralleyball:

June 14, 15, 21, 22, 28, 29. Open to youth ages 11 and under. Call for more information.

Enlisted Club

☎ 283-4146

In the Zone

Fridays: Marvelous Marvin 5p.m.-1 a.m.
Saturdays: Magic Mike 8 p.m.-midnight

Latino Night

May 19. D.J. Eli Nevis, 9 p.m. - 1 a.m.

Every Tuesday Evening

All you can eat. Sirloin Steak Buffet

Every Wednesday Evening

2-4-1 Steak Night & Salad Bar \$12.95

Every Thursday Evening

Southern Fried Chicken \$6.95

Every Saturday Evening

All you can eat buffet
Prime Rib and more: \$12.95

All Ranks Hawaiian Luau

At the O Club • June 1 • 6 p.m. All you care to eat

"Roasted Pig" • Authentic Hawaiian Buffet on the Patio • 7:30 p.m.

Hawaiian & Polynesian Dancers Fire Dance from "Disney World", Orlando Florida

\$12.95 per person (*gratuity not included*)

"An evening you won't want to miss!" Sorry no one under 18 yrs old may attend!

No A-la-carte dining this evening • Reservations required: 283-4357

Tyndall Fitness and Sports Center

283-2631



May Fitness Month Points

can be earned by attending classes & events.
Prizes will be given to the individuals with the most points.

Friday, May 18

Armed Forces Day 5K Fun Run/Walk
2:30 p.m. Walk, 3 p.m.
Run Sign up deadline May 14

Tuesday, May 22 3 p.m. - Beach Volleyball Tournament,
Sign up deadline May 11

Wednesday, May 30 - Aerobathon, All day - 5:30 a.m., noon, 5 p.m.
Squadron with most participants will earn
2 extra points each towards
May Fitness Month Prizes

For more information see the Fitness & Sports Center May Calendar.

Events sponsored in part by:



No federal endorsement of sponsors intended.

Teen Center Grand Opening

May 16-19, 2001

Bldg. 912

Schedule of Events

Friday - "Carnival Fun"

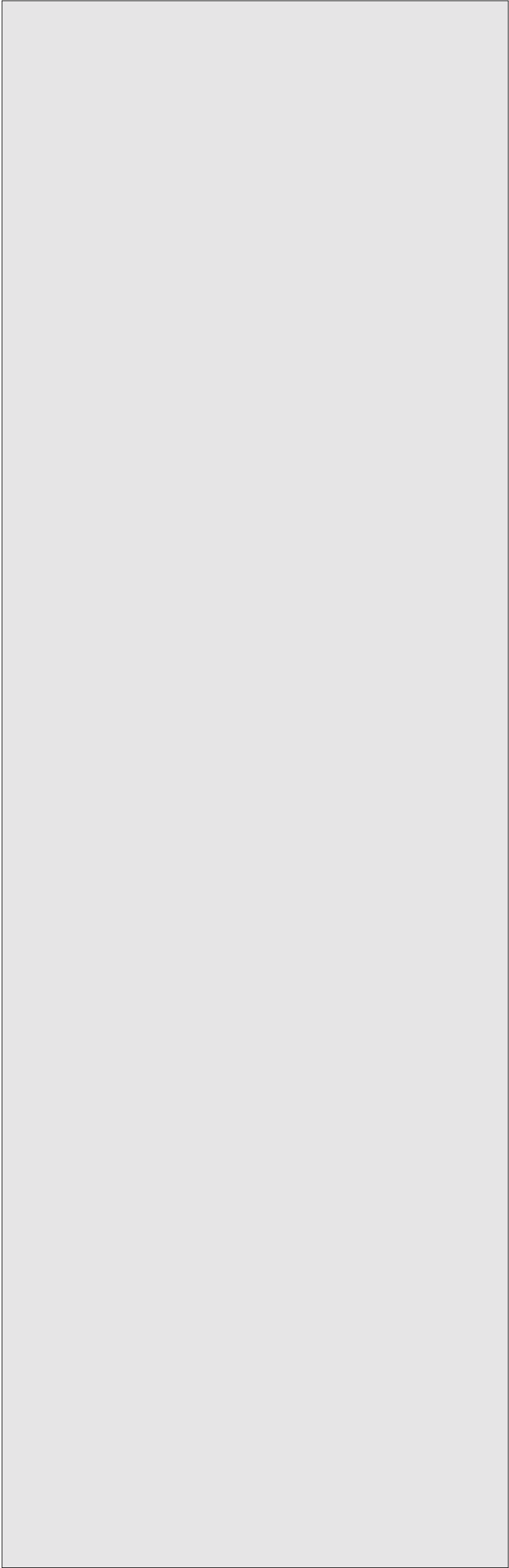
3:00 p.m. Teen Center Opens
Shuttle begins from Youth Center
3:30 p.m. Door prizes, must be present to win
4:00 p.m. "The Beat" 93.5 on location
5:00 p.m. Moonwalk, Batting Cage, and or Giant Slide
11:00 p.m. Teen Center Closes

Saturday - "Boomerang"

3:00 p.m. Teen Center Opens
4:30 p.m. Door prizes, must be present to win
6:00 p.m. Refreshments
7:00 p.m. "Dance Party"
10:00 p.m. Grand Prize Drawing, must be present to win
11:00 p.m. Teen Center Closes
Schedule subject to change.

283-4366





Thinking about getting out? Think again!

Get the facts first. Call Chief Master Sgt. Ron Georgia, 325th Fighter Wing career assistance adviser at 283-2222.



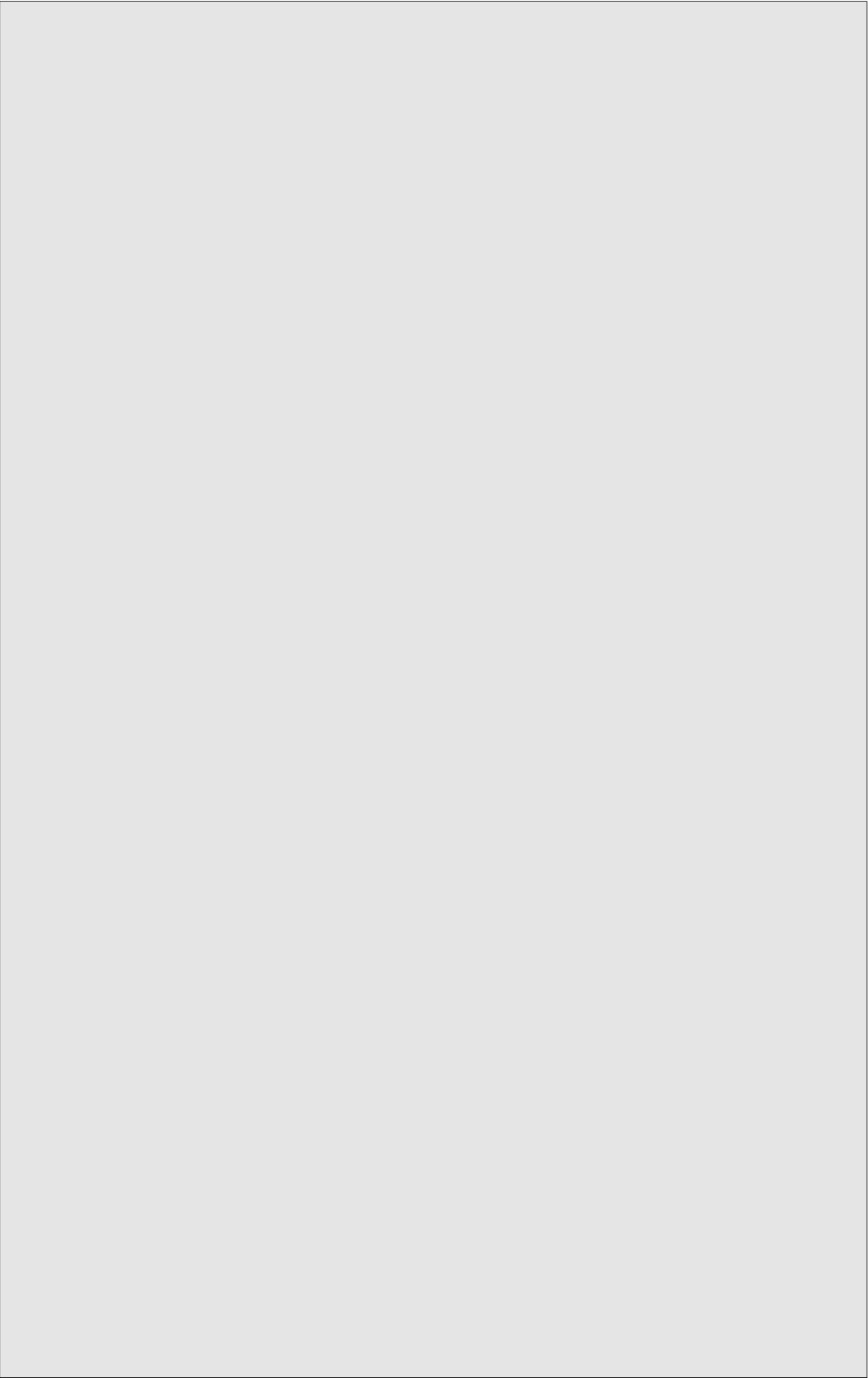
●From MOVE Page 13

new site has nine listings — latest updates, domestic advisory, international advisory, personal property, carrier approval, nontemporary storage, privately owned vehicles, personal property shipments information and personal property consignment instruction guide.

The 27-page “It’s Your Move” pamphlet, a member’s relocation almanac of rules, checklists, instructions, allowances and more can be viewed and downloaded

while navigating the MTMC site or directly at: www.usapa.army.mil/pdffiles/p55_2.pdf.

An informative, downloadable 43-page pamphlet titled “Shipping Your POV” is available while navigating the MTMC Web site or directly at www.mtmc.army.mil/property/POV/POVPAM.PDF. The MTMC site links to the POV tracking system, but the direct jump address is www.whereismypov.com/. You have to key in your orders number, Social Security Number and last name to access the tracking system.



Sports & Fitness

Volleyball standings		
	W	L
Large squadron		
OSS 1	13	0
TRS 1	11	2
CONR 1	11	2
COMM 1	9	4
OSS 2	9	4
MDG	9	4
1FS	6	6
MSS	6	7
SEADS 1	5	8
COMM 2	3	10
CONR 2	3	10
TRS 2	2	10
SEADS 2	2	11
95 FS	1	12
Small squadron		
81 TSS	11	2
AFCESA	11	2
NCOA	10	4
RHS	6	8
MXS	5	8
TEST	5	8
372 TRS	3	10
83 FWS	2	11

Intramural golf standings		
	Total points	Makeup Games
Large squadron		
CES	35	1
MSS 1	32	2
COMM	31	1
TRS	30	1
CONR 1	29.5	1
MDG	24.5	
95FS	21.5	
OSS	21.5	
SEADS	21.5	1
CONR 2	19	1
MSS2	9.5	
CONR 3	7	
Small squadron		
MXS won first place in the playoffs.		



Stay fit, have fun while you’re at it

2nd Lt. Brian Cortez
325th Fighter Wing
public affairs

I sometimes feel a bit lazy and run down after a long day’s work. All I want to do is go home, grab a nice cold one from the fridge, kick back on my recliner and zone out in front of the boob tube. I’m sure all of you have the same excuses as I do: “I don’t have any time to work out” or “going to the gym is boring.” Don’t cheat yourself like that. When I get off my rear and actually go out and do something physical, I really start to feel alive.

Try finding a sport like volleyball or tennis, or any other physical activity like Tae Bo or dancing that you would enjoy and stick to. There are plenty of physical activities and sports that are available for everyone and they don’t have to be boring. It’s true that some consistent exercise will make you feel more physically and mentally alert.

“I love dancing, running, playing

volleyball and soccer to stay in shape. Exercising and playing sports makes me feel healthier and I know when I get older I’ll feel and look a lot younger,” said Tipwan “Tippy” Perez, homemaker, Air Force wife and mother of two. “I make it routine to run five miles every day. I think people should work out at least 30 minutes a day to stay in shape. Personally, I feel that I have to exercise to keep up with my children and all of my chores.”

“The main thing people need to do is think about their overall wellness and stay in shape throughout their whole life span,” said Nicole Peterson, aerobics instructor and prior Air Force staff sergeant. “I’ve been doing aerobics for 10 years and I found that this is something that I really enjoy that keeps me physically and mentally fit. I plan to stick with aerobics for a long time to come.” There will be an Aerobics Fit-a-thon 10 a.m. -12 p.m. Saturday at the Tyndall gym. Call the fitness center at 283-2631 for more information.

If running or playing some basic sports doesn’t tickle your fancy, maybe you should try something more unique. There is a plethora of outdoor activities out there. Hiking, bicycling and swimming are just a few of the many types of recreation available in the Bay County area. “Kayaking is a great outdoor sport that makes you use your upper body and it is a pretty intense cardio workout,” said Pat Lamar, owner/operator of the Canoe Shop and Bonita Bay kayak instructor. “People also get a sense of solitude and independence from kayaking. The freedom and thrill of ocean paddling is a great rush and it also provides the challenge of learning the art of navigation.” For more information on kayaking, you can check out paddlenorthflorida.com on the Web.

So get out there, have fun and most importantly—stay in shape. Don’t cheat yourself by staying at home and being lazy. You never know, you could find something good for you that you might enjoy.

Bowl a few frames at *Raptor Lanes*

Monday-Wednesday: 10 a.m.-10 p.m.
Thursday: 9 a.m.-midnight
Friday: 10 a.m.-2 a.m.
Saturday: 9 a.m.-2 a.m.
Sunday: 1-8 p.m.

